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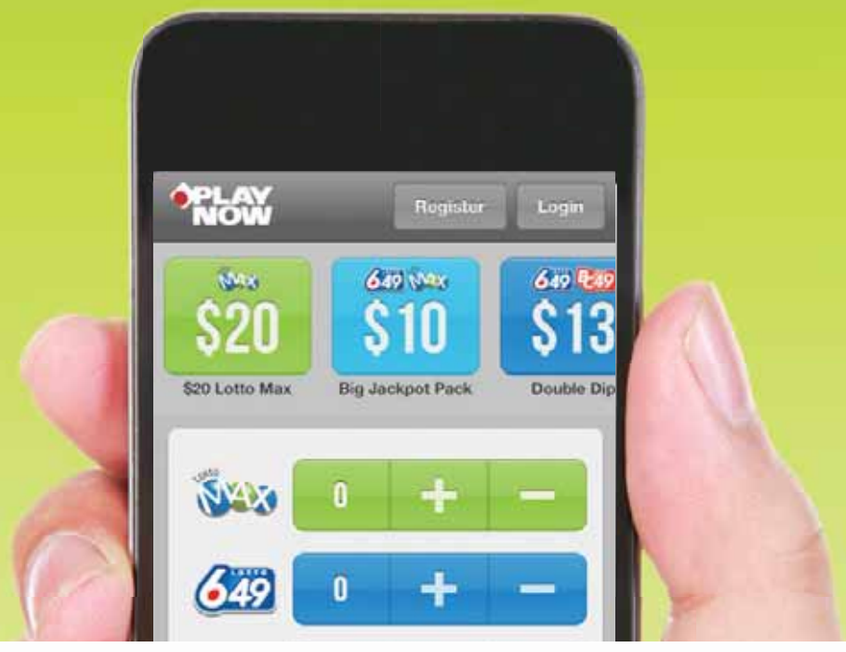

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How ethical are your Mother's Day flowers? METROLIFE

The *new* Alberta

CHANGE: Meet some of the new faces

NOTLEY: What to expect from her first 90 days in office

BUSINESS: Stock markets nosedive after election shock

VIEWS: Chantal Hébert and Rosemary Westwood

B.C. pipeline debate unchanged

NDP's triumph in Alberta to have minimal impact: Experts

The new NDP majority government in Alberta will have little bearing on pipeline dynamics in B.C., politicians and experts say.

Alberta's premier-elect, Rachel Notley, has been publicly opposed to Enbridge's Northern Gateway pipeline, telling Metro last month the project "is not likely to succeed, and the Alberta government should focus its efforts on things that are more likely to get results."

Despite the NDP's greater emphasis on social licence, relations with First Nations and the environment, Premier Christy Clark said talks with the Alberta government won't be different than those with the previous regime.

"When I get a chance to sit down with (Notley), I want to talk to her about the five conditions (for B.C.'s approval of pipeline projects)," Clark told media on Wednesday. "Because if Albertans want these projects to obtain social licence, the only way to do that is all those conditions need to be met."

Specifically, Clark said proposed pipeline projects — including Kinder Morgan's Trans Mountain Pipeline expansion, which Notley supports — have yet to satisfy B.C. that its coastal waters are adequately protected.

"The one condition that is farthest away from being met is marine response," said Clark.

Clark did express an interest in working with Notley on climate change and improving partnerships with First Nations.

University of British Columbia associate professor Kevin Hanna, who researches environment and resource policy, said Northern Gateway was a pipe dream even without the NDP's rise in Alberta.

"There is just no support for it in British Columbia," he said.

Despite Notley's opposition to Northern Gateway, Hanna and Simon Fraser University political scientist Patrick Smith expect few changes to Alberta's resource policies.

"I don't think there's going to be a radical change there," Smith said. "But maybe they'll take a more reserved approach."

MATT KIELTYKA/METRO, WITH FILES FROM RYAN TUMILTY AND THE CANADIAN PRESS

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VR headset to hit shelves in 2016. **Business**

Medical marijuana biz touts hemp treats for pets

BUSINESS

Source of omega-3 and good for pain, company says

Emily Jackson
Metro | Vancouver

True Leaf's advertisement for its new hemp-based pet treats product line. CONTRIBUTED

A B.C. medical marijuana company will begin producing hemp treats for pets as it waits for a licence to sell medical marijuana under Health Canada's rules.

True Leaf Medicine International announced Wednesday that it signed an agreement with hemp-based-treats-for-pets company Wodema Industries to produce any of the Kelowna-based Wodema's treats that include hemp, cannabis or its derivatives.

This doesn't mean Fido and Fluffy will be getting high, True Leaf CEO Darcy Bomford explained.

"It's completely non-psychoactive," Bomford said of the treats. "Hemp actually is highest natural source of omega-3. That's the primary function of hemp in this initial pet supplement."

Eventually Bomford wants to develop a CBD (a non-psychoactive component of cannabis) treatment as a natural alternative to help older pets with joint pain, although he expects that to take at least three years to ensure there is approval from veterinarians.

True Leaf decided to get into the hemp pet treats business after a prolonged wait for approval to become a licensed producer under Canada's new Marijuana for Medicinal Purposes Regulations (MMPR).

The company originally applied in 2013, but was asked to change locations in April 2014 and is still waiting for approval at its facility in Lumby, B.C.

> **It's not pot for pets.**
> Darcy Bomford, True Leaf CEO

True Leaf has been through eight government reviews in the past 12 months, Bomford said.

"We're getting close, but Health Canada is pretty slow and we don't know where we're at with them," he said. He blames the delay on the court case surrounding the MMPR system, which is being challenged as unconstitutional because it forbids patients from growing their own medicine.

So far, 17 medical marijuana producers have been granted approval under Health Canada's new rules that allow private producers to sell their product to patients online. The industry has been a boon to Nanaimo, B.C., where the mayor estimated the economic output of producer Tilray will soon reach $85 million.

WITH FILES FROM NEAL HALL

ALBERTA ELECTION

Horgan trumpets victory

British Columbia's ecstatic New Democratic Party Leader John Horgan donned orange socks and an orange tie Wednesday to celebrate the historic NDP election win in Alberta.

He called Rachel Notley's victory a triumph of hope over fear and said it will help federal NDP Leader Tom Mulcair in the fall federal election and B.C.'s New Democrats two years from now.

Horgan said Notley's campaign focused on the needs and dreams of Albertans while the Conservatives blamed people for the province's economic woes during an oil-industry downturn.

"This was people, progressive people, who said 'enough is enough,'" Horgan said about the NDP landslide that swept the Conservatives from power after more than 40 years.

Horgan dismissed concerns that Notley's government will drive business from Alberta with campaign promises to raise corporate taxes, which he noted will match B.C.'s tax level.

"The world does not end when governments change and we'll just have to see how premier-elect Notley manages the challenges that she's going to face as the leader of a government."

Horgan, who is colour-blind, said his wife helped him choose the orange NDP colours he wore Wednesday.

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IN BRIEF

New police chief officially takes over role

Outgoing Vancouver police Chief Jim Chu handed the reins to incoming Chief Adam Palmer at the police board meeting on Wednesday. Chu's official last day isn't until May 25, but the board meeting marked the end of his nearly eight years at the helm of the force. Palmer is stepping up from his role as deputy chief and head of the investigations unit. At a press conference in April, he said he intends to continue steering the department in the same direction. He also acknowledged he has "very big shoes to fill."

Chu announced his retirement in January, prompting speculation that he'll run for a seat in the 2015 federal election. METRO

City looks to B.C. for cash to upgrade bikeway

The City of Vancouver is hoping the province will cough up half of the cash needed for a spot upgrade to one of the city's busiest bikeways.

Staff will ask council next week for the green light to approach Bike B.C., a fund managed by the Ministry of Transportation, for $175,000 to help build a pedestrian and cyclist-activated traffic signal on the Adanac bikeway at Renfrew Street.

Installing a traffic signal at the intersection of the four-lane arterial will help upgrade the bikeway so that it is safe for all ages and abilities, according to a staff report. The entire project is expected to cost $350,000. If the city secures provincial funding, it plans to pay for the remainder from its capital budget. METRO

Don Briere, owner of 15 Weeds Glass & Gifts medical marijuana dispensaries, displays some of the marijuana for sale at one of his locations in downtown Vancouver on May 1. The City of Victoria is set to debate a staff report that recommends getting tough on marijuana-related businesses. DARRYL DYCK/THE CANADIAN PRESS

Pot regulation the job of feds: B.C. coalition

CITY

Council to debate staff report on weed dispensaries

As the City of Victoria is set to debate tighter controls on pot shops, former B.C. lawmakers say the federal government is forcing cities to take the lead on medical marijuana regulation.

Graeme Bowbrick, one of several former B.C. attorneys general who backed a coalition to regulate cannabis, said he supports the efforts of Victoria and Vancouver to control businesses that sell pot — but the process is happening "backwards."

"In a logical world, what would happen is the federal government would decriminalize marijuana, then the provinces and municipalities would regulate it as they see fit," he said in a phone interview.

Victoria council is set to debate a staff report Thursday that recommends getting tough on the city's 18 marijuana-related businesses, of which only seven have licences to sell drug paraphernalia.

The move comes as Vancouver considers a plan to regulate its more than 80 medical marijuana dispensaries, which are illegal under federal law but have been generally tolerated by police.

Bowbrick was among former politicians who in 2011 joined Stop the Violence B.C., a coalition of lawyers, doctors and academics that called for regulating and taxing pot.

Former B.C. premier Ujjal Dosanjh also advocated on behalf of the group, and said Wednesday that properly controlling marijuana sales would help reduce gang violence and illegal grow-ops.

"If the federal government was truly interested in creating an environment where crime is reduced and there are ... fewer policing costs and court costs, they would be moving to regulate and decriminalize," he said.

According to Health Canada rules introduced last year, the only legal way to buy pot in Canada is to get a prescription and order from a government-licensed producer. A court injunction has kept the old system alive allowing patients to grow their own marijuana while a challenge of the new laws is heard.

The case wrapped last week in Vancouver's Federal Court with the judge reserving decision.

A spokeswoman for federal Justice Minister Peter MacKay said the government does not support easing access to illegal drugs.

Victoria council will discuss the staff report on pot shops Thursday, with a vote on possible actions expected next week. The report raises concerns that the stores are exposing youth to marijuana or are linked to organized crime. THE CANADIAN PRESS

FIRST NATIONS

Voters say no to pipeline

The first of three votes on a natural gas benefit offer worth over $1 billion has been unanimously rejected by a First Nation on British Columbia's northwest coast.

All of the more than 180 eligible voters at a meeting in Port Simpson stood up to oppose the plan to build a liquefied-natural-gas pipeline and terminal in their territory, said Lax Kw'alaams band member Malcolm Sampson.

> **"Too much was at stake to wipe out a whole river."**
> Malcolm Sampson

Pacific NorthWest LNG, which is mostly owned by Malaysia-based oil and gas giant Petronas, has applied to build an export terminal on Lelu Island, just south of Prince Rupert at the head of the Skeena River.

Residents have raised concerns over the project's environmental impact, citing the site's problematic location and the threat it poses to the watershed.

"Why would you build an LNG plant right at the mouth of the Skeena River?" said Sampson, who spoke at Tuesday's meeting. "There of all places."

Sampson said the $1.15-billion offer in benefits over 40 years was not discussed at all during the meeting, which took place in a school gym so packed that some band members had to stand outside.

"Too much was at stake to wipe out a whole river," said the father of eight and grandfather of 20. He described the atmosphere at the meeting, where both proponents and the band council made presentations, as "very tense." THE CANADIAN PRESS

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Meet Kelowna's very own George and Charlotte

PEOPLE

Siblings share royal names by coincidence

Thandi Fletcher
Metro | Vancouver

A B.C. family is finding itself royally flushed with attention because its two young children share the same names as Prince George and his little sister, Princess Charlotte.

"It's been overwhelming, to say the least," mom Laura Lebbon told Metro. "Many texts, phone calls, Facebook posts full of royal things. It's been a bit crazy."

It's not the first time Lebbon and her husband Justin, originally from England, have found themselves in the midst of royal mania. After Prince George was born, Lebbon said many people remarked on their son sharing the same name as the royal firstborn.

So when news broke that the royal couple was expecting a second child, Lebbon said she and her husband had a strong feeling the new arrival would share the same name as their daughter.

"As soon as they put the names out that people thought were the contenders, we were like, 'It's totally going to happen, isn't it?'" she said. "With George, it wasn't so much of a big deal. Back at home, George is a fairly common name for boys, but it's definitely more of a big deal now that there's two."

Princess Charlotte is the second child for the Duke and Duchess of Cambridge. She was born May 2.

Laura and Justin Lebbon with their son George and daughter Charlotte. The Kelowna, B.C., family is getting a lot of attention because their children share the same names as the royal children. CONTRIBUTED

Even more coincidental, Lebbon said, she and Justin nearly gave their daughter the same middle name, Elizabeth, as that of Britain's new princess. In the end, they settled on Charlotte Grace.

"I'm blaming it all on my husband," she joked. "We were going to name her Hannah, but he steered me back to Charlotte."

However, Lebbon is quick to point out that her son George, who will be three years old next month, and daughter Charlotte, who turns one in July, were born before their royal counterparts.

> **"As soon as they put the names out that people thought were the contenders, we were like, 'It's totally going to happen, isn't it?'"**
> Laura Lebbon

The names also hold historical significance for the family. Lebbon's father, grandfather and great-grandfather were all named George, while her husband's grandmother was named Charlotte.

"We are the originals," she said with a laugh.

While the names are a fun coincidence, Lebbon said she hopes the novelty eventually fades.

"I hope it doesn't follow them around too much," she said. "We obviously want them to have their own personalities and to be their own people."

Asked what names the family might consider if they had a third child, Lebbon said they would likely still go the traditional route.

"Another one of our favourite names is Kate," she said, "but we think it's probably best to steer away from that now."

TRANSIT PLEBISCITE

Voter turnout near 40%

Voter turnout for the region's plebiscite on transit funding is approaching 40 per cent, according to Elections B.C.

More than 600,000 ballots have been received by the office, about 38 per cent of the 1.56 million registered voters in Metro Vancouver, according to its weekly ballot returns update. Voting in the plebiscite began March 16 and closes on Friday, May 29.

Eligible voters are being asked to support a 0.5 per cent Congestion Improvement sales tax, to fund the region's portion of a proposed 10-year, $7.5 billion transit plan.

That plan includes a subway line along Broadway in Vancouver, light rapid transit lines in Surrey, a replacement for the Pattullo Bridge and region-wide road and public transit improvements.

Of the ballots screened by Elections B.C. to date, the City of Vancouver has a voter turnout of 37.9 per cent, while Surrey's is 29.9 per cent. MATT KIELTYKA/METRO

IN BRIEF

B.C. man jailed for assaulting sex workers

A 46-year-old man has been sentenced to a year in jail for historic crimes against Vancouver sex-trade workers, including a teenaged girl.

The ruling says that in May 1994, Shalendra Sharma picked up a troubled teen who performed sex acts on him but then withdrew her consent. It says Sharma held her down on the back seat of his car and had sexual intercourse with her.

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Pipa master a 'gift' to audience

BACKSTAGE PASS

Wu Man will play Chinese instrument at Chan Centre

Graeme McRanor
Metro | Vancouver

Grammy-nominated Wu Man brings her pipa to the Chan Centre for the Performing Arts on Saturday. STEPHEN KAHN/SUBMITTED

Have you ever peeped a person playing a pipa?

No, that's not the title of a long lost Dr. Seuss book. The pipa (pronounced pee-pah) is, of course, a four-stringed Chinese instrument that features a pear-shaped wooden body with 12 to 26 frets.

Wu Man is an expert at playing it. And she'll be doing just that on stage at the Chan Centre for the Performing Arts on Saturday night.

"Witnessing Wu Man's stunning technique on the pipa is a tremendous gift to our audiences," says Chan Centre co-managing director Joyce Hinton, adding that she demonstrates the versatility of this lute-like instrument, from gentle melodies to bold passages performed with power and virtuosity.

"This type of programming that combines the arts from both Western and Eastern cultures is extremely relevant to Vancouver. It serves to not only celebrate the rich, multicultural environment that surrounds us, but also to build vital bridges within it."

> **This type of programming ... is extremely relevant to Vancouver.**
> Joyce Hinton, Chan Centre

Joining the Grammy-nominated pipa master in concert is leading international chamber group the Shanghai Quartet, which features violinists Weigang Li, Yi-Wen Jiang and Honggang Li, and cellist Nicholas Tzavaras.

The collaboration, called A Night in Ancient and New China, starts at 8 p.m. Tickets start at $36. More information at ChanCentre.com.

Cruise control
Academy Award-winning documentarian Alex Gibney exposes the secrets of Scientology in his film, Going Clear, which plays at the VIFF Vancity Theatre from May 13-20. Featuring Tom Cruise, Paul Haggis, John Travolta, and more. More information at VIFF.org.

Sensational
Presented by 605 Collective and Theatre Replacement, The Sensationalists is an experimental, cross-disciplinary collaboration where the artists explore concepts surrounding various sensory phenomena, transforming The Cultch Historic Theatre "to play with proximity and interactivity in an immersive performance experience," with the audience mobile throughout a large part of the show — and placed inside the action. If you want to get in on the action, orchestra participation seating costs $38; for those who just like to watch, balcony seating costs $19. More information at TheCultch.com.

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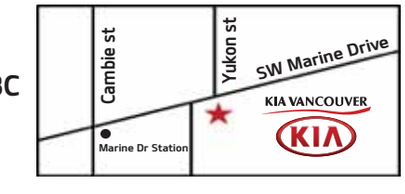

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NEWFOUNDLAND, NOVA SCOTIA AND MANITOBA

Suspicious packages sent to court buildings

Some court buildings in two Atlantic provinces dealt with suspicious packages on Wednesday, the latest in a series of similar incidents.

Police in Newfoundland say a total of five suspicious packages were reviewed without incident.

In Nova Scotia, RCMP said court buildings in Sydney, Yarmouth, Digby, Port Hawkesbury and Truro had suspicious packages delivered or intercepted before delivery Wednesday.

RCMP Staff Sgt. Boyd Merrill says the packages in Newfoundland were reported in Grand Falls-Windsor, Gander, Stephenville, Clarenville and Grand Bank.

The RCMP say none of the packages have so far posed a risk to the public.

In Nova Scotia, the Mounties have assigned their major crimes unit to the case. "At this time we do not believe these packages put the public at any risk, however we must remain vigilant and take all necessary precautions," Insp. Larry Wilson of the major crimes said in a statement.

Two more packages forced the evacuation of the provincial Supreme Court building in St. John's and the Danny Williams Building, a court complex in Corner Brook.

Three of the packages in Newfoundland have been confirmed by police as originating from the same international address and with similar contents to packages reviewed by the RCMP in Nova Scotia. But RCMP say they can't confirm any link with similar deliveries in Nova Scotia and Manitoba.

Packages were received April 8 at Manitoba provincial court buildings in Winnipeg, Brandon, Morden and Minnedosa, all of which tested negative for dangerous substances.

THE CANADIAN PRESS

SOUTHERN ONTARIO

Child porn bust prompts international operation

Dozens of suspects have been arrested in connection with a child pornography investigation that began in southern Ontario and spanned many countries.

Details of the investigation — known as Project Hydra — were revealed by York Regional Police on Wednesday.

"Our project began with one child victim in York Region and through investigation has grown into a significant international project with thousands of potential victims," said Insp. Tim Kelly.

Police said 41 suspects have been arrested and 110 charges have been laid in North America. The charges include possession, distribution and accessing of child pornography. Seventeen people were arrested in Canada.

The investigation began in April last year after the Ottawa-based National Child Exploitation Co-ordination Centre told York Regional Police about images of child pornography that were uploaded from a residence in York Region. After executing a search warrant at the residence, investigators learned that a young person had allegedly uploaded the images.

"The young person advised investigators that they had been chatting, sending and receiving child pornography with unknown people throughout the world via popular social networking websites and private chat rooms," said Kelly.

Police contacted owners of the website used by the young person and identified suspects worldwide who were exchanging child porn through the use of cloud storage. THE CANADIAN PRESS

QUEBEC PROVINCE LOOKS AT GETTING TOUGH ON SMOKING Robert Labelle smokes a cigarette as his friends Gilles Garand, left, and Michel Casey, centre, look on, Wednesday in Montreal. The Liberals tabled Bill 44 Tuesday, which would put an end to smoking on restaurant and bar patios. Some bar owners are worried that the new rules will result in clients opting to stay home at a time when business is already slumping. COLIN PERKEL/THE CANADIAN PRESS

Omar Khadr rejects terrorism, al-Qaida

ALBERTA

Former Guantanamo inmate opens up in interview

Former Guantanamo Bay inmate Omar Khadr still suffers nightmares of the firefight in which he was grievously wounded, and still isn't entirely sure what happened that fateful day, but says he wants no part of violent extremism.

The information — a rare insight into Khadr's views in his own words — is contained in an extensive interview he did recently with a prison psychologist in support of his successful bid to be reclassified as a minimum security inmate.

"You shouldn't distort things to appease others or to suit your own agenda. I don't believe in al-Qaida killing innocents to further their belief," Khadr says.

"I hope there won't be this terrorism nonsense — I'm not going to get involved."

American soldiers captured Khadr, then 15, in the bombed-out ruins of a compound in Afghanistan following a brutal four-hour battle in July 2002. He had gaping wounds in his back, shrapnel in his eyes.

Khadr says he's still not sure exactly what went down in the firefight that left U.S. special forces soldier Sgt. Chris Speer dead and Sgt. Layne Morris blinded in one eye.

"I heard Americans. I heard shooting. I was scared. I had a hand grenade. I threw it over my back and it exploded. I wanted to scare them away. I wasn't thinking about the consequences. After that, I was shot," he says.

> **"I don't believe in al-Qaida killing innocents to further their belief.**
> Omar Khadr

"I have nightmares of the firefight. Sometimes I can't run away in the dreams."

Following his capture, the Toronto-born Khadr was taken to Bagram and then shipped to Guantanamo Bay, where he remained for a decade. In 2010, he pleaded guilty to five war crimes before a discredited U.S. military commission, including murder for Speer's death and spying. Even so, he says, he clings to the hope it wasn't him that killed Speer.

"I still take responsibility," he says. "If I did kill (Speer), that would be a very sad thing."

The documents, filed in the Alberta Court of Appeal, are part of Khadr's bid for bail while he appeals his war crimes conviction in the United States.

The court will rule Thursday whether to grant the federal government's request to stay an earlier ruling that he should be allowed out. A ruling in his favour could see him leave prison for the first time in almost 13 years under several restrictions that include wearing a tracking device. THE CANADIAN PRESS

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Three Masonic 'police' arrested

CALIFORNIA

Conspiracy feared to imitate law enforcement

Three people, one an aide to California Attorney General Kamala Harris, were arrested after claiming to operate a police department with jurisdiction in 33 states and Mexico and that traces its roots back 3,000 years.

Brandon Kiel, David Henry and Tonette Hayes were taken into custody last week on suspicion of impersonating officers as members of the Masonic Fraternal Police Department, Los Angeles County sheriff's officials said.

Sheriff's spokeswoman Nicole Nishida said detectives believe other people may be involved in the operation and deputies found ID cards, uniforms, and vehicles that appeared to look like law enforcement vehicles along with other official police equipment during their search of a home and office linked to the group.

It's not clear whether any of the suspects attempted to do any real police work.

State records show Hayes is licensed as a security guard and has a firearm permit. She previously owned Masonic Security Service, while she and Henry run MIB Investigative Agency, though its state license is suspended.

Kiel, 31, worked as deputy director of community affairs at the California Department of Justice since July 2013. He has been on paid administrative leave from his $67,416-a-year civil service job since Thursday.

The investigation started after various police chiefs in Southern California received a letter in late January that announced new leadership for the Masonic Fraternal Police Department, sheriff's officials said.

In the letter, the group claims it is registered with the state and is informing the chief it will be working with "Grandmasters, as well as fraternities and sororities throughout Sovereign Jurisdictions around the country."

The letter claims there are 5,686 lodges and that the department "will be able to acquire intel that is not accessible to non-fraternal entities." It said one aim of the department was to restore public trust.

THE ASSOCIATED PRESS

AUSTRALIA BLINKY BILL VISITS THE HOSPITAL In this April 20 image made from a security video on Tuesday, a koala strolls through the automatic doors of Hamilton Base Hospital in Victoria state, Australia. The Health Service's CEO nicknamed the creature Blinky Bill, after a fictional koala first popularized in a series of children's books.

WESTERN DISTRICT HEALTH SERVICE/THE ASSOCIATED PRESS

ARGENTINA

Disputed death to be examined

Two medical teams are meeting in Argentina's capital in an extraordinary session aimed at concluding whether the head prosecutor investigating the country's worst terrorist attack killed himself or was slain by another person.

The meeting began Wednesday after months of debate about how Alberto Nisman died Jan. 18, when he was found in his bathroom with a bullet in his head. The shot that destroyed Nisman's skull was fired with a gun that was loaned to him by aide Diego Lagomarsino, a computer technician who said the prosecutor asked for the weapon because he feared for his and his daughters' lives.

There is no doubt that the gun was the weapon that killed the prosecutor. But the lead investigator says authorities have not determined whether Nisman took his own life or was killed by someone else.

Sandra Arroyo Salgado, the late prosecutor's ex-wife, hired a forensic team that determined Nisman was slain by another person.

The meeting of medical officials aims to sort through that and other discrepancies. It is unclear when they will announce their conclusion.

Days before he died, Nisman accused President Cristina Fernandez of helping Iranian officials cover up their alleged role in the 1994 unsolved bombing of a Jewish community centre. A federal judge has thrown out the case, while Fernandez has denied the allegations against her and Iran has long denied any role in the bombing.

THE ASSOCIATED PRESS

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Candidate suspended for threatening to shoot rival

U.K. ELECTION

Robert Blay recorded by undercover reporter

Britain's political leaders visited factories, farms, supermarkets and schools Wednesday on the final day of campaigning before an election predicted to be excruciatingly close and frustratingly indecisive.

The election race drew to a bumpy close for the U.K. Independence Party (UKIP), which suspended a candidate for making remarks about shooting his Conservative opponent in the head.

Robert Blay, who was running in the southern English seat of North East Hampshire, was recorded by an undercover reporter saying he would "put a bullet between (the) eyes" of Conservative candidate Ranil Jayawardena if Jayawardena became prime minister.

The Daily Mirror ran footage of Blay making the comments and saying Jayawardena, who has Sri Lankan heritage, was "not British enough to be in our Parliament."

"We've suspended him immediately, which is the right thing to do, and we do have a history of getting rid of people when they do something wrong very quickly indeed," said UKIP deputy chief Paul Nuttall.

Hampshire police said they were reviewing the comments as part of "initial inquiries" but added that no one had been arrested.

It is the latest in a string of embarrassing comments by members of UKIP, which has seen support grow for its anti-European Union stance and hopes to win a handful of seats on Thursday.

A member of the public walks past a betting shop window with a display for the general election in Govan, Scotland, on Wednesday. Britain goes to the polls Thursday.
SCOTT HEPPELL/THE ASSOCIATED PRESS

Small parties could play a major role in determining who governs Britain after an election that polls suggest is too close to call. Neither the Conservatives nor Labour look likely to win a majority of House of Commons seats, and their poll ratings have barely shifted during the month-long campaign, with each supported by about a third of voters.

> **We've suspended him immediately, which is the right thing to do, and we do have a history of getting rid of people when they do something wrong very quickly indeed.**
> UKIP deputy chief Paul Nuttall

Both big parties, however, insisted they were aiming for outright victory. Prime Minister David Cameron acknowledged he was "nervous" about the result but said he hadn't spent time planning for post-election talks with prospective coalition partners.

"I'm out there trying to convince people that the Conservative Party has the right answers to keep the economy growing, to keep creating those jobs, cutting those taxes, investing in our NHS (health service)," he said.

Labour Leader Ed Miliband told BBC radio: "I'm not countenancing defeat. I'm focusing on winning the election."

Miliband faced a torrent of last-minute criticism from right-leaning British newspapers, which have depicted the prospect of a Labour government supported by the separatist Scottish National Party — one possible election outcome — as a threat to Britain's future.

British newspapers do not confine their attempts at political influence to editorial-page endorsements. The Rupert Murdoch-owned Sun ran a front-page photo of Miliband awkwardly eating a bacon sandwich, with the headline "Save Our Bacon."

The right-wing Daily Mail urged readers not to let "a class-war zealot and the SNP destroy our economy — and our very nation."
THE ASSOCIATED PRESS

INFLUENCE

Also facing a dramatic reduction in influence are the Liberal Democrats. The party has been junior coalition partner to Cameron's Conservatives since 2010 but has seen its ratings slide to single digits and looks set to lose a big chunk of its 59 seats.

But leader Nick Clegg insisted his party "will be the surprise story of the election."

"We are going to do so much better than anybody thinks," Clegg said.

GERMANWINGS

Co-pilot practised descent pre-crash

The co-pilot of Germanwings Flight 9525 appears to have practised sending the jetliner into a deadly descent on another flight, just two hours before he intentionally crashed into the French Alps, investigators said Wednesday.

The revelation appears to support the theory that the Germanwings crash was not only deliberate but premeditated. It came in a 30-page interim report from the French accident-investigation agency BEA.

Authorities are still puzzling over why Andreas Lubitz, who had suffered from suicidal tendencies and depression in the past, locked the captain out of the cockpit on March 24 and sent the Airbus A320 hurtling into a mountain, killing all 150 people on board.

Lubitz seemed to be toying with the airplane's settings on the earlier flight from Duesseldorf to Barcelona, programming it for a sharp descent multiple times in a 4-1/2-minute period while the pilot was out of the cockpit before resetting the controls, the report said. Unlike the later flight, he did not lock the pilot out of the cockpit.

The plane's "selected altitude" changed repeatedly and several times was set as low as 30 metres above sea level. The report says Lubitz also put the engines on idle, which gives the plane the ability to quickly descend.

On the doomed flight from Barcelona to Duesseldorf, Lubitz also set a 30-metre altitude before the plane crashed into the Alps.

Aviation experts say it would be highly unusual for a pilot to repeatedly set a plane for such a low altitude for no apparent reason. THE ASSOCIATED PRESS

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Oculus Rift's launch date set

GAMING

Facebook says virtual reality headset to ship early next year

Attendees wear Oculus Rift HD virtual reality displays as they play EVE: Valkyrie, a multiplayer virtual reality shooter game, at the 2014 International CES. ROBYN BECK/AFP/GETTY IMAGES

Virtual reality is getting closer to a commercial reality as Facebook-owned Oculus VR has announced a consumer version of their headset will become available in early 2016.

"We're incredibly excited to announce that the Rift will be shipping to consumers in Q1 2016!" tweeted Nate Mitchell, Oculus's vice-president of product.

Oculus VR launched the current wave of virtual reality, unveiling the prototype of the Rift in 2012 to rapturous reviews. The company launched a Kickstarter campaign that raised just over $2.4 million. Facebook purchased the company for $2 billion in March 2014.

Virtual reality technology has had many highs and lows over the last 40 years, but has failed to capture people's imagination for a number of reasons. Early attempts featured cumbersome technology that lacked the ability to create truly immersive graphics experiences and carried high costs.

Improvements in screen technology, graphics and the current focus on the potentially lucrative hardcore gamer market have drawn big-name companies to the technology in recent months. Despite the current hype, there are still some issues, including the potential to cause motion sickness in some users.

Oculus revealed a little more information in a blog post. The model will be based on the Crescent Bay model available as part of the developer's kit for the device.

"The Oculus Rift builds on the presence, immersion, and comfort of the Crescent Bay prototype with an improved tracking system that supports both seated and standing experiences, as well as a highly refined industrial design, and updated ergonomics for a more natural fit," the company said in the post.

With many companies aiming to release commercial versions of their virtual reality products by the end of this year, Oculus faced being left behind.

Oculus has been working on the creation of a full experience, and even warned its competitors not to release bad headsets for fear of turning people off the nascent technology. TORSTAR NEWS SERVICE

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THE REACTION

Stunned Conservatives downplay NDP victory

The Conservative caucus room was described as a morgue Wednesday as federal MPs grappled with political mortality after the New Democrats broke the conservative movement's four-decade grip on Alberta politics.

While they sought to downplay the notion that the NDP upset in Alberta is an omen for this fall's federal election, many acknowledged the playing field for that campaign has changed.

So-called safe seats just can't be considered safe anymore, said Deepak Obhrai, who has sat in the House of Commons as a Calgary Conservative since 1997 and was re-elected in 2011 with 67 per cent of the vote.

TORY SEATS

The Tories hold 26 of the 28 federal seats in Alberta, though redistribution means there will be 34 up for grabs this fall.

In the last six elections, he didn't face a serious challenge from the NDP, but with all four provincial seats within his riding now held by that party, he expects the next campaign will be different.

"More, stronger candidates will look at the results, so we expect stronger (NDP) candidates," Obhrai said.

THE CANADIAN PRESS

Federal NDP celebrate orange wave in Alberta

Gleeful federal New Democrats seized the coattails of their victorious Alberta cousins, but while the two parties share the same family tree, the Prairie and Ottawa branches have fundamental differences.

For one, experts point to the roots of the Prairie New Democrats, which they say come from the anti-centralist mindset that dominated Canadian politics for much of the 20th century.

The Alberta NDP also hails from a province where the economy is dominated by the pollution-heavy oil industry, which has been a bull's-eye for criticism from federal New Democrats, said a political scientist who has studied Alberta politics for decades.

"The areas of difficulty (between the two NDP parties) would not be huge, but ... there could well be some," said Allan Tupper of the University of British Columbia.

Differences between the parties, however, didn't stop the federal NDP on Wednesday from inviting news cameras into its caucus chamber, where chanting MPs celebrated the Alberta win in the name of all New Democrats.

Federal NDP Leader Tom Mulcair tried to blur any lines of separation. "We've all got a spring in our step today," he told reporters in Ottawa.

THE CANADIAN PRESS

Win could give party nationwide momentum

The Alberta election victory by Rachel Notley had New Democrats across the country talking Wednesday, but the only other NDP premier cautioned against reading too much into the party's success.

"Every province has different issues, although we all are focusing on the economy right now," Manitoba Premier Greg Selinger said.

But Selinger and Paul Thomas, of the University of Manitoba, feel that the victory over the Progressive Conservatives, who had been in power for 44 years, is bound to help by showing the NDP can represent a wider range of the population than many might think.

It's a boost for a party that has experienced some losses in recent years. Nova Scotia's NDP government was defeated in 2013 and there have been poor federal byelection results.

"It means that the national party can say, after a series of byelection setbacks, 'You know, we have got some momentum behind us,'" said Thomas, professor emeritus of political science.

He suggested the win should energize NDP politicians, volunteers and staff at the federal level and in other provinces by showing that if the party can win in conservative Alberta, almost anything may be possible. THE CANADIAN PRESS

"If we learn the lessons the voters attempted to teach us yesterday ... there is a way back."

Ric McIver, Calgary MLA and former Tory leadership candidate

"It was ... like a morgue."

Justice Minister Peter MacKay's description of the mood among federal Tories on Wednesday

"This isn't a massive shift to the left.... A lot of people who voted Wildrose last time voted NDP."

Lori Williams, political scientist at Mount Royal University

Alberta NDP Leader Rachel Notley reacts in Edmonton on Tuesday after being elected the province's premier. THE CANADIAN PRESS

LEADERSHIP: Notley's next 90 days

Ryan Tumilty
Metro | Edmonton

Newly elected Alberta Premier Rachel Notley must do three things once she's in office:

1 Pick a cabinet

Notley was elected with 52 or 53 colleagues, depending on the outcome of a deadlocked riding in Calgary, but only three of her colleagues have been an MLA before.

The current cabinet is 19 ministers, but Notley can reshape hers anyway she chooses. In addition to looking for strong ministers, she will also have to include people from across the province.

Despite the relative inexperience of her caucus, Notley said Wednesday she won't have a problem putting together a governing team.

"I am really excited about my caucus in so many ways," she said. "I have far too many people who are skilled to select from."

Notley said her party is bringing in a lot of diversity to the table that will be good for the new cabinet.

"We have people from all walks of life, and I am very confident we will be able to put together a very capable cabinet."

2 Budget

In many ways, Notley's campaign was about running against the spending cuts and other measures that Premier Jim Prentice proposed in his budget this spring.

Notley promised to put in force the corporate tax increases that Prentice refused to implement and to restore funding he cut from health care and post-secondary education.

She said that during the transition her team would work to figure out how much of the budget can now be changed.

"We're going to be getting advice on that in the next few days, in terms of how quickly we can make those changes."

3 Soothe the oil patch

Alberta Energy companies saw stock prices drop based on the election's outcome.

Notley said she hopes to meet with a number of groups and business leaders to assure them there is no reason for alarm. Global investors would see soon enough that the sky isn't falling, she added.

MAKING HISTORY: Welcoming a new wave of female politicians

GENDER

25 elected NDP candidates in Alberta are women

Stephanie Dubois
Metro | Edmonton

For a province once known as the home of the "old boys' club," Alberta now has women in record numbers in the provincial caucus.

Premier-designate Rachel Notley was quick to note that shift in gender representation in her victory speech.

"I haven't done the math yet … but what I think is true is we have elected the most women to caucus in the history of Canada … so that's kinda cool," she said.

Out of 52 or 53 NDP candidates elected across the province, 25 are female.

A tie in Calgary-Glenmore between NDP candidate Anam Kazim and Progressive Conservative incumbent Linda Johnson could bring that number to 26, once Elections Alberta completes the official recount.

What's remarkable about the winning women candidates is that often, women aren't putting themselves forward to compete on the ballot, making it harder to get equal representation in politics, says Lana Cuthbertson, chairwoman of Equal Voice Alberta North.

47%

According to unofficial Elections Alberta results, 47 per cent of the winning NDP candidates were women.

"It's really about getting women running in the first place. The NDP made sure a lot of women did that, and the results speak for themselves," she said.

This "historic moment" for Alberta wasn't lost on the rest of the country, something that should be noted by other political parties, said Diane O'Reggio, executive director with Women's Legal Education and Action Fund in Toronto.

"To have a large majority of women in the legislature will be a benefit to not only women in Alberta but women across the country," she said.

NEW MLAs AND THEIR QUIRKS

Several Alberta NDP MLAs who claimed seats in Tuesday's vote are attracting attention for their lack of political experience and for their quirks. Left: in an image posted to Facebook, newly elected MLA Deborah Drever holds up a peace sign next to a T-shirt that features a marijuana leaf and the words "Magic Weed." Right: Shaye Anderson shows off his impressive beard, which has caused a sensation on social media. FACEBOOK

COMPARISON

N.S. knows this left-hand turn

Stephanie Taylor
Metro | Halifax

Although acting NDP Leader Maureen MacDonald draws little comparison between the New Democrats' earlier win of a majority government in Nova Scotia and the party's recent victory out west, she believes both happened within a similar financial framework.

MacDonald said the Darrell Dexter government came to power in 2009 at a time when the province's revenues were dropping, just as Alberta's oil prices are currently plummeting.

"We came into government right after the financial crisis and the big meltdown," she said.

The challenge once faced by Nova Scotia's former New Democratic leadership to fund public services such as education and health care with low revenues is now on Alberta's premier-elect Rachel Notley and her new NDP government after winning a majority, MacDonald said.

In 2009, the NDP won its first majority government in the Nova Scotia, subsequently only lasting one term after a decisive loss to the Liberals in 2013.

Falling revenues resulted in having to make some difficult decisions, MacDonald said, such as raising the HST.

Despite the fact Alberta is a considerably richer province than Nova Scotia, MacDonald said Wednesday, the NDP is stepping into a familiar financial climate where service demands are high and incomes are scarce.

That insecurity creates a mounting public pressure on a new incoming government to deliver results, she added.

"We live in a world that expects instant results and government doesn't turn on a dime. It was a challenge for us and it will be a challenge for them."

The main lesson to take away from Nova Scotia's short NDP rule is to stay connected with the constituents, according to Halifax's NDP MP.

"They were so busy governing that they forgot to communicate with people," Megan Leslie said.

INDIGENOUS RIGHTS

Notley vows change for First Nations

Tim Querengesser
Metro | Edmonton

Just as Rachel Notley took the stage in Edmonton Tuesday night, Athabasca Chipewyan Chief Allan Adam stopped her.

"I had a chance to acknowledge her and gave her my congratulations," Adam said Wednesday. "I basically mentioned, 'Don't forget to mention the First Nations in your speech.'"

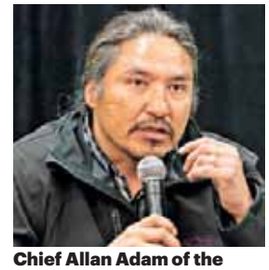
Notley didn't forget. She described her win as a call to "be better neighbours and better partners" with indigenous people, adding: "I'm looking forward to consulting with you and learning from you."

Her words — and the culture of change they suggest for a province fuelled by natural resources — reverberated through First Nations in Alberta Wednesday.

The oilsands and the natural gas industry are Alberta's central economic engines, built on industry gaining access to traditional indigenous lands and the resources they contain. Alberta has long worked to honour its often-competing obligations — to protect First Nation treaty rights while also allowing industry access to resources.

The results have been fraught with disputes.

Bill Gallagher, author of Resource Rulers, offers an in-depth look at how First Nations are increasingly successful in court in resource access battles, said Notley's victory is a rebuke to Jim Prentice and the PC Party's approach to relations with First Nations, who increasingly control natural resources.



Chief Allan Adam of the Athabasca Chipewyan First Nation. THE CANADIAN PRESS

Gallagher said there was much hope Prentice could shift the relationship when he took office, but it evaporated quickly.

"He drew another lawsuit from the Athabasca Cree in his first 100 days (in office)," Gallagher said. "Talking the talk, he gets high marks. Walking the walk, he didn't deliver."

Notley, on the other hand, is "on message and a quick learner," Gallagher said, adding that her tone bodes well for her fixing the relationship between Alberta and its nearly 40 First Nations.

Adam said the relationship with Alberta "was always on a rocky edge, an adversarial combat position." As a result, he said, that relationship often went to court to resolve things.

But after Notley's win, he said he's hopeful for a change.

"We will be looking for ways to work with the province rather than take them to court. It's a win-win situation."

BUSINESS

Oilpatch, Bay Street 'shocked' by NDP win

The new reality of an orange-tinged Alberta was beginning to sink in across the oilpatch and Bay Street on Wednesday and, though there were some jitters, many are awaiting more details before they pass judgment.

The NDP's election victory stunned Sonny Mottahed, president and CEO of Black Spruce Merchant Capital in Calgary.

"I'm pretty shocked," he said. "There's been quite a bit of chatter this morning about capital already looking at a way to invest outside of Alberta just across borders into B.C. and Saskatchewan."

The NDP has said it would raise corporate taxes to 12 per cent from 10 per cent and examine whether Albertans are getting their fair share of royalties.

The last time Alberta increased royalties, under former premier Ed Stelmach in 2007, there was an uproar from the industry and the changes were rolled back. At the time, the global economic downturn was just taking hold and producers were concerned the royalty increase would only compound their woes.

12%

The NDP has said it would raise corporate taxes to 12 per cent from 10 per cent.

Energy stocks were hurting on Wednesday. The group as a whole was off about 2.75 per cent. Major oilsands producer Cenovus Energy Inc. was down six per cent, while Suncor Energy Inc. and Canadian Natural Resources Ltd. were down about three per cent. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Thursday, May 7, 2015

NDP reveals big cracks in Tory armour

POLITICS
Chantal Hébert

This is a week when sizeable potholes have surfaced on Stephen Harper's road to re-election.

The NDP's majority victory in Alberta has reinforced the federal New Democrats' claim that their party is ready for prime time nationally. At a minimum, the provincial election has exposed cracks in the walls of the country's main Conservative fortress.

At the same time, Harper is suddenly at risk of losing the upper hand on the central battlefield of tax cuts to the Liberals.

The two developments are independent of each other, but what connects them is that they find the ruling Conservatives playing defense on two flanks that they believed to be bullet-proof.

The 40 per cent of Albertans who ushered the NDP into government this week did not vote for Thomas Mulcair by proxy. And a slim majority of the province's voters stuck with the right, either by supporting the Wildrose party or Jim Prentice's Tories.

The good news for Harper is that those voters can be expected to unite behind his federal Conservatives next fall.

The bad news is that they are not spread evenly across the province.

On Tuesday premier-elect Rachel Notley's New Democrats won more than 20 ridings with a majority of the vote. Many of those seats were won with 60 per cent support or more. In another half a dozen ridings, the combined score of the NDP and the Liberals added up to more than 50 per cent.

Based on those results, a sizeable contingent of Alberta voters does not come across as predisposed to support the federal Conservatives next fall.

Alberta's 87 provincial ridings work out to 34 federal ones. The provincial results suggest that Harper's Conservatives could be campaigning against a tide for change in more than a quarter of them, mostly in the Edmonton area.

Conventional wisdom has it that vote-splitting between the NDP and the Liberals will still pave the way for the re-election of most of Alberta's Conservative incumbents and that may well be right.

In the federal by-elections that have taken place in the province since Justin Trudeau became leader, the Liberals scored immensely better than Mulcair's New Democrats. If Notley's success translates into a bump in support for her federal cousins, the result could be a more divided anti-Harper vote, not only in Alberta, but from coast to coast to coast.

Still, in the big picture, there comes a point when two strong opposition parties, instead of eating each other's lunches, start taking sizeable bites out of different sections of the incumbent's pie.

That's what happened to the Parti Québécois last year.

So far, the Conservatives have focused their attacks on Trudeau. Polls have long suggested that the Liberals, not the NDP, are the main threat to a fourth Conservative victory next fall.

But, what if, in their efforts to weaken the Liberals, the Conservatives open themselves up for a kill at the hands of a conversely strengthened NDP?

As unlikely as the scenario of a Mulcair victory may seem, it is still less improbable than the advent of a majority NDP government in Alberta was thought to be only a few weeks ago.

It is a risk that Harper's Conservatives will now need to reassess.

At the same time, Trudeau is now challenging the Conservatives on their tax-cutting turf.

Two days after he unveiled two platform planks — a tax cut for middle-income earners and an enhanced child benefit targeted to middle-class families — Conservative spin doctors are still uncharacteristically struggling to come up with an effective response.

As unlikely as a Mulcair victory seems, it's less improbable than an NDP majority in Alberta was thought to be only a few weeks ago.

To date, they have not managed to do better than try to bluster their way out of a trap that finds them standing up for the more affluent section of the electorate. It does not help that the trap is largely of the government's own making.

Harper's re-election for a fourth mandate has always hinged on a divided opposition and post-Alberta election that remains a potentially winning condition for his party.

But a week that has seen both the hands of the Liberals and the NDP reinforced at Conservative expense is not one that bodes especially well for the game plan of the Prime Minister.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD
metro*view*

Deviants? Out-of-towners? No, Alberta has progressives, too

You can stop laughing now. Alberta politics have long been a joke to liberal, or even centrist, outsiders. You know, Alberta "politics," wink, wink.

But the NDP's incredible win means the joke is over.

We're now in the position of envying Alberta for more than its alcohol prices and legal drinking age. We're envying it for its democracy.

In the words of pollster Angus Reid — who's seen only Conservatives govern Alberta since he began polling in the 1970s — "change is indeed possible."

"This has big implications, and I think it's going to send a shiver down the spines of a lot politicians that think they can ride in on cynicism" and low voter turnout, he said.

The election brought in 58.1 per cent of voters, Elections Alberta said. That's much higher than voter turnout during the last two elections and a significant step above the average 50.9 per cent over the last six elections, according to media reports.

Albertan friends of mine say this election shows the nuances of Alberta politics, a phrase most out-of-province Canadians have never heard.

Callers to a morning radio show in Calgary spoke yesterday about how their vote mattered for the first time in 40 years, because their candidate got elected. Even some of those who voted Conservative spoke of their excitement about the variety of views given a voice.

"I know a lot of people that aren't rednecks, and maybe that wasn't previously reflected," said a friend of mine who hails from southern Alberta, heartland of the former Conservative dynasty.

A gay friend in Edmonton told me: "This is first time in my life where I haven't voted out of fear for what could happen to me."

In the last election, he voted for the PCs to stop the far-right Wildrose Party from winning. The PCs miscalculated the number of progressives like him that have kept them in power, he said.

David Shepherd, the new NDP MLA for Edmonton-Centre, grew up in the city, under that monotone provincial government. He told me he's "always believed there was a strong progressive voice."

They aren't the voices of deviants or out-of-towners. They're Albertans, too.

Now, the rest of us need to rethink that stereotype of Alberta as the nation's small town, isolated by right-wing ideas and traditional Christian values.

She's not just your Great Aunt Alberta, eating steak and drinking oil at every meal — though she's still got a lot of conservatism left.

I'd like to take that lady out for tea — the whole ideological spectrum of her — and thank her for reminding us what elections can do.

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metro LIFE

Your essential daily news

Bigger than the Beatles: Study says hip hop more musically influential than the Fab Four

In bloom: Local for mom

MOTHER'S DAY

Ethical flowers are beautiful in more ways than one

Worker's rights and environmental sustainability are not necessarily subjects one thinks about on Mother's Day — but our floral preferences can have an impact on both.

"I think we should consider where our flowers come from the same way we do with food," says Calida Grymaloski, who along with her partner runs Bathtub Gardens, a two-acre flower farm that uses organic growing methods in Pemberton, B.C.

"Conventionally grown blooms are often bred to be packed and shipped so the focus is on maxing out the vase life rather than the beauty of the flower itself," says Grymaloski.

Cleomes, or Spider Flowers, grow at Bathtub Gardens, a two-acre farm in B.C. that uses organic growing methods.

COURTESY BATHTUB GARDENS

Latin American countries like Colombia, Ecuador — source of the majority of cut flowers in Canada — tend to have lax labour laws and health-and-safety codes, according to groups like the Ethical Trading Initiative and US Labor Education in the Americas Project.

As well, many cut flowers from developing countries are grown using toxic pesticides banned in Canada, and imported flowers are not tested for pesticide residues, according to the David Suzuki Foundation.

A medical survey by Oxfam Colombia showed that two-thirds of Colombia's flower workers had suffered from health problems related to pesticide exposure.

A Better Bouquet

But before you give up on bouquets altogether, consider getting mom a locally grown bouquet on Sunday.

Grown year-round in many parts of the country, Canadian cut flowers are typically grown without pesticides — even at farms that are not certified organic, according to Joseph Delarge of Eco Stems, an ethical and sustainable flower shop in Toronto.

And with our labour codes, workers are protected here.

He also maintains that where flowers are grown sustainably, their quality is better.

"Our customers find that these flowers actually last longer because we harvest them only days before delivery. Conventionally grown flowers of the same type will have been harvested sometimes three weeks before they end up in your vase."

Lest you think local is too limiting, there's a wide variety of grown-in-Canada blooms you can get this time of year.

Delarge says he has irises, tulips, roses, orchids, calla lilies, ranunculus and anemones in his fridge right now.

Grymaloski says they grow 80 varieties on their farm, with a more unique selection than those found on a conventional farm.

If you're worried about breaking the bank, she says their prices can be comparable to conventionally grown flowers, although the selection might be a little different.

"We typically avoid growing commodity crops like long-stemmed roses, baby's breath, carnations and even sunflowers which are grown as monocrops on large chunks of land with massive infrastructure," she says. "However we want our customers to receive fair prices and a quality product, so we focus on different species that are more suitable to small-scale production."

She says that if customers buy flowers directly through them via farmers markets, their Community Supported Agriculture program or their local farm stand, the prices would be comparable with a standard bouquet. METRO LIFE

OTHER OPTIONS

Fairtrade

- If you can't stay away from those long-stem roses, you're probably looking at getting flowers grown outside of Canada.
- Look for Fairtrade or Veriflora-certified bouquets. These programs ensure the farms promote healthy workplaces and sustainable farming practices.

Native varieties

- Delarge and Grymaloski say cut flowers are almost never native, so if you are looking to get mom some indigenous flowers, potted plants are the way to go.
- Check with your local garden centre. Local park organizations and botanical gardens will also often have native plant sales in the spring.

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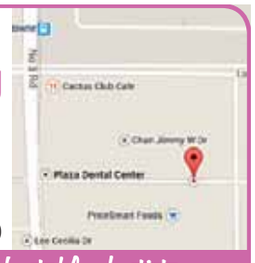

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Like mother, like daughter

FAMILY BUSINESS

Young actress Shailyn Pierre Dixon looks to her mom for inspiration

Vawn Himmelsbach
Metro | Life

Shailyn Pierre Dixon just tried out for her school's softball team and she's pretty sure she made the cut. But it's hard to tell if she's more excited about playing softball or finding out she's just been nominated for a Golden Maple Award as newcomer of the year in a TV series broadcast in the U.S.

At 11 years old, Shailyn already has some serious acting cred under her belt, starring as the young Aminata in The Book of Negroes and joining the cast of Netflix's first Canadian co-production Between — a post-apocalyptic Lord of the Flies — that premieres May 21.

But her mom wants to make sure she still gets to be a kid. The Caledon, Ont.-based actress, writer and producer Christina Dixon understands "movie land," but she also knows what it's like to be a mom.

Between, for example, involved a rather scary cast member: a tiger.

"Shailyn and I are both adrenaline junkies," says Dixon. So when Shailyn read the script for Between, she was thrilled to find out she'd be working with a tiger.

"Part of me was as excited and as stoked about it, and the mother in me was like, 'Is this tiger going to eat my child?'"

But, she adds, Shailyn is fearless. "I wasn't going to put any of my fear on her if she didn't have any, so I bit my tongue."

Watching Shailyn on screen — especially with the roles she's chosen to play — can be challenging as a mother.

"Shailyn is an incredibly happy person (and) she's playing these roles where she's the absolute opposite of that — she's depressed and oppressed and she's being degraded," says Dixon. "It was really hard to watch at times."

Shailyn didn't study acting. And she doesn't really know how she taps into these complex characters.

"I help with her auditions and coach her but she just jumped in," says Dixon.

"Her first movie was (Hollywood blockbuster) The Best Man Holiday — that's how Shailyn does things in life. … The opportunities she's had are things people wait a lifetime for, but it's not something that's fallen into her lap. She's worked for it."

The challenge for Dixon is finding a way to help her daughter accomplish her dreams, while preserving her childhood — and balancing that with her own career.

When they found out Shailyn landed the part in The Book of Negroes, they had less than 48 hours before they had to be on a plane to Cape Town.

The first call Dixon made was to her mother, who asked what she could do to help.

"Having that kind of support system makes it possible," says Dixon. "You can't do it by yourself."

> **Obviously she's my mom, but she's also my best friend**
> Shailyn on her mom Christina Dixon

Shailyn has already garnered a reputation for professionalism, which she attributes to her mom.

"Obviously she's my mom," she says, "but she's also my best friend and she inspires me all the time."

While Dixon plays multiple roles in Shailyn's life, she wants to avoid being a "momager," a word Shailyn doesn't quite understand. When Dixon tries to explain the word's negative connotations, Shailyn decides to come up with a new word, one that encompasses Dixon's role as a mom, manager and actress: momertress.

"We'll keep working on that," laughs Dixon.

"I love that you look at the bright side, baby."

For Christina Dixon and her daughter Shailyn, acting runs in the family. LIZ BEDDALL/METRO

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BODY IMAGE

Zooey won't be 'sexy new mom in bikini'

New Girl star Zooey Deschanel is eager to temper expectations for what she'll be doing after she gives birth to her first child, due later this year.

"Haven't we all seen those pictures of a sexy new mom in a bikini after one month? I will not be that person," she tells Cosmopolitan.

"I've always gone my own course and never been someone who had the need to be super skinny. I like a healthy look. I don't buy into that skinny-is-better mentality. I just eat healthy and work out and don't worry about my weight too much. Actresses aren't models, and most of them never wanted to be."

It's fascinating how she can simultaneously inspire and aggravate other women, no? NED EHRBAR/METRO

BIRTHDAY GET-UP

Adele celebrates 27th as George Michael

Adele as her "hero." TWITTER

It's Adele's party, and she'll dress up like Faith-era George Michael if she wants to.

The Skyfall singer posted a photo of herself gussied up as Michael for her 27th birthday, complete with aviator glasses and excessive stubble.

"Thank you for the birthday wishes. I had a wonderful time," she writes. "I was my hero."

To be fair, there are a lot worse music icons she could emulate heading into the ever-so-ominous — for musicians, at least — age of 27. As far as we know, Michael's 27th year was rather uneventful. But it is kind of surprising that he would be Adele's hero, no? NED EHRBAR/METRO

KIND WORDS FOR BIEBER ... FOR LOHAN, NOT SO MUCH

Lady Gaga's life advice to Beebs

Justin Bieber has found a surprising ally in Lady Gaga. The two pop stars spent some time together at the Met Gala earlier this week and took a few selfies — one of which Gaga herself posted recently along with a lengthy caption coming to the troubled Canadian wunderkind's defence.

Selfie at Met Gala. INSTAGRAM/LADYGAGA

"He really has a sweetness to him," she writes. "He grew up in front of the whole world. I reminded him to not get bothered. Because at the end of the day, he's the boss, and life isn't always roses. Lots of thorns."

LiLo community service update

Today marks the day Lindsay Lohan has to check in with the court and show that she's making progress on those pesky 125 hours of community service she was ordered to finish by May 28, and word is she's still got a long way to go.

"Lindsay has hardly made a dent in the court-ordered 125 hours of community service. It's an extremely unimpressive number so far — less than 20 hours total," a source tells Radar Online. NED EHRBAR/METRO

Dad Bods: Squishy is sexy

CONCEPT TAKES OFF

Beer bellies, not biceps, the newest male physique trend

Jason Segel stripped down and showed off his Dad Bod in 2008's Forgetting Sarah Marshall. Leonardo DiCaprio is also rocking the Dad Bod these days. HANDOUT; INSET: THE ASSOCIATED PRESS

What do Simon Cowell, Jason Segel and Leonardo DiCaprio all have in common (apart from global fame and fortune)? They all boast a "Dad Bod."

A what-bod, you cry? Well, allow us to explain: The Dad Bod is the latest trend for the male physique.

Where once women craved six-packs that could grate cheese and biceps the size of tree trunks, now a cuddly torso and gentle paunch is all that's required, according to a blog post written by U.S. student Mackenzie Pearson that has since gone viral.

In her post, Mackenzie describes the Dad Bod as "a nice balance between a beer gut and working out." She continues: "The dad bod says, 'I go to the gym occasionally, but I also drink heavily on the weekends and enjoy eating eight slices of pizza at a time.' It's not an overweight guy, but it isn't one with washboard abs, either."

Mackenzie argues that the physique is a hit with women because it is non-threatening, comfortable to cuddle up to and honest in the sense that it probably won't undergo any drastic transformation within the next 20 years (note: you don't have to be a father to have a Dad Bod; in fact it is perfectly acceptable to have one when you're still in your 20s). "While we all love a sculpted guy, there is just something about the dad bod that makes boys seem more human, natural, and attractive," she states.

The concept was an immediate hit with nicely squishy men everywhere, who took to Instagram without delay to show off their less-than-toned torsos and chunky arms. The account "CollegeDadBods" has been quietly gaining momentum since the beginning of this year and has now become a fully-fledged homage to regular guys in all their glory.

The positive reaction to this newfound appreciation for curvy men has reminded us all that guys, too, face an at-times unrealistic social pressure to be buff and trim. But where will the trend take us next? Could the "Mom Bod" be the lusted-after shape for 2015? Time will tell. AFP

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metro
Mother's Day Gift Guide
Thursday, May 7, 2015

Whether it's directly or in her actions, your mother has probably told you what she would like or need this Mother's Day. SHUTTERSTOCK

It's the thought that really counts

Astrid Van Den Broek
For Metro

When it comes to Mother's Day, the cliché, 'it's the thought that counts,' really does ring true.

"People need to remember that Mother's Day is not about the gifts," said Alexandria Durrell, the mommy blogger behind idontblog.ca. "It's about thanking moms for all they do for us. It's a tough slog being a mom. And when your kids are grown, it's touching for them to recognize just how hard it was once upon a time. A little thanks goes a long way."

So, if it's the thought that matters, how do we make mom feel truly special for her big day? Here are five ways to do it.

1 LISTEN TO MOM. Chances are she has dropped hints about what she wants, or at least what she would love to have. "She will tell you if you ask," said Yvonne Marcus, the blogger behind thedahliascene.com. "Whether it's directly or in her actions, she's telling you all year long what she'd like or need."

2 GIVE HER SELF-CARE. "Is mom tired?" Durrell said. "Does she need some time alone? Does she ever pamper herself? Answer those questions and you'll find the perfect gift for your perfect mom."

3 HONOUR YOUR CONNECTION. This year Marcus became a new mom and is asking for a nameplate necklace for herself. "It commemorates the new relationship between me and my son, and it always keeps him with me," she said.

4 GIVE HER TIME. "A full day where I'm not responsible for anything would be amazing," Durrell said. You could accessorize mom's free day with a spa gift certificate to use that day, another certificate for a dinner out and even a book she can begin to read.

5 GET CREATIVE. "Think outside of the box when it comes to presents," Marcus said. "If she enjoys animals, then maybe buy her a zoo membership instead of an item. It'll help create memories for her with her kids that they can cherish for years. Or even make her animal-shaped pancakes for breakfast or something equally simple but that will stir conversation."

MAKING A FUSS OVER MOM

According to a recent survey from retailmenot.ca, Canadians make a bigger fuss over Mother's Day than Father's Day. The online survey of more than 1,500 people reports that 48 per cent of respondents admit to spending more money on Mother's Day than Father's Day. And 64 per cent of respondents confess to getting more creative with giving gifts on Mother's Day than Father's Day.

Make this Mother's Day bright and special for moms and moms-to-be. SHUTTERSTOCK

Treasure special moments with moms-to-be

Sunday is a special time to celebrate and honour the moms-to-be in your life.

As expectant moms tirelessly plan, nurture and care for their developing baby, make this Mother's Day truly bright and special with a thoughtful gift and some pampering.

PHOTOSHOOT

While at times it may feel as though pregnancy lasts forever, once a new mom holds her baby for the very first time, the months leading up to that special moment will actually seem fleeting. Treasure this special time by hiring a professional maternity photographer to capture mom in her full, baby-belly glory.

PRENATAL MASSAGE

A soothing, tailor-made massage offers the ultimate in relaxation, and provides major health benefits. "Not only does it reduce pain, muscle cramps, but it also increases blood flow which brings more oxygen and nutrition to all of the tissues in the body," said Kailee Kline, founder of Toronto-based Healthwinds Spa.

PUT HER FEET UP

Arrange a mani-pedi at her favourite nail spa, but because nail polish often contains harsh chemicals, choose a salon that takes a holistic or non-toxic approach. This little bit of personal time will leave her feeling pampered and polished, while nourishing dry, perhaps swollen, feet.

LIFE STORY

Create a photo album celebrating some of your most memorable moments together. There are plenty of options to choose from, including iPhoto, Shutterfly, Snapfish, or buy an album and print pictures at home. Make sure you include a heartfelt dedication.

TANYA ENBERG/FOR METRO

Soothing solutions to relax

Janine Falcon
For Metro

Time and again we turn to mom for advice, for help and comfort.

This Mother's Day, why not give back in the same way? Celebrate your No. 1 lady by helping her take time and slow down.

NOVEL TEA

Tetley's delicious new Signature Collection teas, charming Shop for Hope mugs (net proceeds to the Canadian Women's Foundation) and a good book equals quality time for mom. Tea, from $3.99, available at grocery stores; mugs, $4.99 each, available at Winners; Lost & Found by Brooke Davis, 2015, Penguin Random House Canada, $22.95 paperback, available at Indigo Books.

BETTER THAN FLOWERS

Treat mom to a bouquet she can carry all season — includes three flattering new shades of Burt's Bees Lip Crayons. Net proceeds to Pollinator Partnership Canada to help bees. Limited-edition H Project x Ela x Burt's Bees Editor's Pouch, $50, available at Holt Renfrew.

SOFT TOUCH

French favourite Nuxe Huile Prodigieuse is adored for its fragrant, conditioning cocktail of botanical oils, non-greasy texture, and the radiance it bestows on face, body and hair. Limited-edition black bottle, $45, available at Hudson's Bay, Shoppers Drug Mart, Jean Coutu and Murale.

NIGHT MAGIC

Mom can enjoy at-home medi-spa efficiency with a gentle new leave-on peel she will apply at bedtime for a brighter, smoother complexion in the morning. Philosophy The Microdelivery Peel, $89, available at Hudson's Bay, Sephora, and Shoppers Drug Mart.

TECH TIME

This high-tech, hand-held Korean home spa unit employs warmth, micro-vibration, microcurrents, and LED therapy to give mom's skin a more toned, instantly-lifted effect. Racinne Lady S, $199, available at racinne.ca.

GOOD CLEAN FUN

Mom will get a daily good morning grin out of this fruity body cleanser with a dash of silver lustre for sheen. Also available in a Love You Mom gift set. Lush Yummy Mummy Shower Gel, from $9.95, available at Lush boutiques, lush.ca.

SPOTLIGHT

Treat mom to showpiece makeup she might not buy for herself. Chanel's new, limited edition, golden-bronze illuminator gives a range of complexions (including very fair) a natural-looking glow. Chanel Lumière d'Eté, $76, available at Chanel boutiques, Hudson's Bay, Holt Renfrew and Murale.

HELPING HANDS

A luxury hand cream plus an electric nail tool that buffs and polishes bare nail surfaces to a high gloss finish will give mom beautifully groomed hands in moments, no manicure required. Nest Passiflora Luxurious Hand Cream, $11, available at Sephora; Emjoi Micro Nail, $59.99, available at Shoppers Drug Mart and micronail.ca.

DESIGNER BEAUTY

If mom is into makeup, fashion and colour, the vibrant hues in the new summer collaboration between Nars and designer Christopher Kane are ideal. Neoneutral — Christopher Kane for Nars collection, from $29, available at Hudson's Bay, Holt Renfrew, Murale, and narscosmetics.com.

BOTTLED BOUQUET

Mom's perfume is one of those lovely lifelong scent memories that keeps her near when you are far away. Build her fragrance wardrobe with special, display worthy selections. Jo Malone Nectarine Blossom & Honey Cologne, $135, available at Holt Renfrew and Nordstrom.

Heartfelt thoughts

Ylva Van Buuren
For Metro

The gift of charity is a wonderful Mother's Day gift, says Shannon Craig, vice-president of marketing at CanadaHelps.

CanadaHelps.org is a one-stop shop for donating to any registered Canadian charity.

For Mother's Day, "think about what matters to your mom," Craig said. "A crisis such as the Nepal earthquake is critical (visit crisisreliefcentre.org). But every community has a cat rescue, food bank, or other charity that may be close to her heart."

A charity gift card from CanadaHelps lets mom choose the charity herself, Craig said.

Here are some other charity suggestions:

The Salvation Army provides hands-on help. CONTRIBUTED

MÉDECINS SANS FRONTIÈRES (MSF)/ DOCTORS WITHOUT BORDERS

Provides emergency medical relief in areas. A one-time gift, monthly donation or a tribute gift in your mom's name will help MSF to provide emergency medical help to those who need it most in emergency and disaster zones around the world. Find gifts at msf.ca/en/donate-now.

WWF CANADA

Protects the environment to build a sustainable future. WWF has a special Mother's Day promotion — all family adoption kits are a special price of $50. Find gifts for mom at shop.wwf.ca/collections/adoptions.

ME TO WE

Founded by Craig and Marc Kielburger, socially-responsible partner organizations encourage youth to help people and communities for a better world. Find gifts and others at shop.metowe.com/gifts/mother-s-day.

PLAN CANADA

Works to end global poverty and improve the lives of children, and also created Because I Am A Girl, a global initiative to promote girls' rights. Find Gifts of Hope and others at plancanada.ca.

SALVATION ARMY

Provides hands-on help to children and families, homeless people, and people with addiction problems. Find gifts at salvationarmy.ca.

THE CHILDREN'S WISH FOUNDATION

Grants wishes to children suffering from high-risk, life-threatening illnesses. For more, visit childrenswish.ca.

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metro HOME
Your essential daily news

Only four per cent of Canadians check reviews before hiring a contractor: HomeStars survey.

What they're a$king

OUR CITY

The 'average' Canadian home is a midsize, detached house with three to four bedrooms, in and around the city core. Single-family homes are in demand in Toronto and Vancouver. Prices reflect the limited inventory. **Duncan McAllister** FOR METRO

$400,000

Edmonton

Sitting on a large corner lot in the desirable Grovenor community, this house includes a landscaped and fenced yard, and oversized, double detached garage. There's a family room, a fourth bedroom in the basement, and an enclosed sunroom. The backyard includes a natural gas barbecue. Listing agent is Sean Nykolyshyn with Liv Real Estate, 780-298-6956.

$849,000

Calgary

In the midst of the Kensington shopping district, this historic, three-bedroom, detached house has an entry that leads into a spacious living room and dining room. The renovated kitchen features traditional cream cabinetry and stainless-steel appliances. Listing agent Susan Harrigan is a sales representative for Homelife Cityscape Real Estate, 403-669-9112.

$449,900

Winnipeg

Right in the heart of Winnipeg, in the Bridgewater Forest neighbourhood, this three-bedroom detached home features a large master bedroom with large windows, a four-piece ensuite bathroom and a large walk-in closet. The house is on a sizeable lot, ideal for a growing family. Listing agent Chris Kenny is a sales representative with Re/Max Professionals, 204-899-4858.

$982,000

Vancouver

This four-bedroom ranch-style home on Cloverley Street in Calverhall is 15 minutes from downtown. It was listed for $1,050,000 and sold at press time for $982,000. The house has a total living area of 2,590 sq. ft. and sits on a 50-foot lot that includes a large, detached garage with workshop. The house has fantastic views of the city from both levels. "It's been a crazy spring market here in Vancouver, with most houses selling well over list price," says listing agent Cathy Graham with Royal LePage Sussex, 604-984-9711.

$799,900

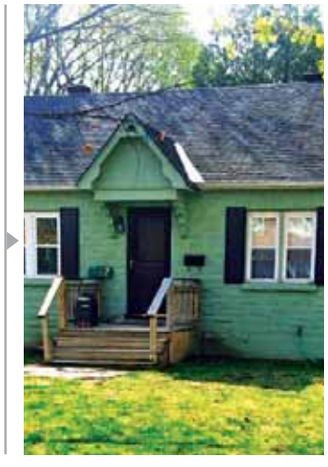
Toronto

The Leslieville neighbourhood is a hot market. For sale there is a renovated, three-bedroom, three-bathroom detached home. The century home has been updated with high ceilings, crown mouldings and Brazilian hardwood. The lot includes an insulated double car garage that can be used as a studio or coach house or studio. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.

$499,900

Ottawa

This two-bedroom, two-bathroom detached urban home is in the heart of Westboro. The house sits on a 69-foot x 66-foot lot. Updates include a new roof, new windows, a renovated kitchen and bathrooms, new flooring and waterproofed foundation. "A rare find indeed," says listing agent Kerry Millican, who is a sales representative with Royal Lepage Team Realty, 613-290-2990.



$349,900

Halifax

Here's a bright and airy, three-bedroom house at 11 Redwood Ave., nestled in the Fleming Heights neighbourhood. The home features vaulted ceilings, a skylight and a private park-like backyard. It's walking distance from historic Dingle Tower, Fleming Park and minutes to Bayer's Lake shopping district. Listing agent Thomas Bagogloo is from the Bagogloo Team, RE/MAX nova, 902-830-9006.

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4 OF THE BOLDEST OUTDOOR FURNISHINGS

When it comes to outdoor furniture, exotic wood and white suites are still in vogue. But for those looking to make a truly confident statement, consider these unusual designs. AFP

1 Game, set, match
The Tennis collection by Tectona, which includes an umpire chair, reflects the game's sophisticated esthetic. $2,681 Cdn.

2 The And bench
The spiral-shaped seat by Vondom doubles as a lighting fixture at night. Price upon request.

3 Monumental sculpture
Vondom's Vertex collection includes a matching bar and stools made entirely of recyclable materials. Price upon request.

4 Stand-out seating
Stéphanie Langard's umpire chair comes in soft, cheerful shades and stands out for the unusual shape of its armrests. Price upon request.

Masters of Flip on small space fixes

RENOVATING

Home buyers will notice hidden gems, open shelving

Sometimes it is well worth the effort of renovating a house that seems like a lost cause, especially when it comes to fetching the highest possible price for the house in the end.

Just ask real-estate and house-flipping experts Dave and Kortney Wilson, the stars of the upcoming home renovation show Masters of Flip, who suss out worn-out homes and "flip them" — turn them into prime properties that generate a profit when they sell. Oh, and they do this with limited time and budget.

"Dave is a rock star at finding the gems," Kortney says, "and trust me, they are all diamonds in the rough leaving much to the imagination. "Just when we think we've seen it all, we are faced with yet, another challenge." The Canadian-born couple, who have renovated more than 40 houses together, are now based in Nashville, Tenn. They took time for a Q&A with Metro about the show and sprucing up small spaces.

How did your very first renovation project turn out, and what did you learn from it?

Dave: Our first renovation project actually resulted in us making more than our goal. It was a quick flip that resulted in profiting about $25,000 in less than four weeks.
Kortney: We learned on the first renovation that this could be a life changer for us. It wasn't until the second where we learned the hard lessons — ha. We thought we would make $35,000 and after (the house sat) on the market for several weeks, we ended up making closer to $14,000. The market turned shortly after and we both felt lucky to have sold it and made a profit at all.
Dave: Lesson learned: bloat your budgets and be conservative on the front end. If everything goes wrong and you can still make a profit, that house needs to be flipped.

WATCH THIS
Masters of Flip premieres on the W Network at 10 p.m. EST/PST on May 12.

Masters of Flip stars Dave and Kortney Wilson. "I'm the design ying to Dave's renovation yang," Kortney says. W NETWORK

How can a homeowner know a renovation is necessary?

Kortney: If the home has powder-blue tile covering the bathrooms, or laminate countertops and paneling from the '70s, it's a sure fire way to know that baby needs to be renovated. It's time. If there are houses in the neighbourhood that are fetching a much higher price after updates have been made, it is likely a great time to sink some money into your home and enjoy it while knowing you will still get your money out of it if you decide to sell.

It seems obvious to renovate a small space to create more space, but are there other reasons to renovate a small space?

Kortney: Absolutely. You have to be careful that the numbers make sense so not to over indulge on the finishing touches and price yourself out of the market. Having said that, typically, smaller homes go for a higher price/square foot and you can afford to put some extras into the home. Try and focus on creating storage. Maximize what is there and create open shelving and hidden gems within the space. This will not be overlooked by a buyer in the future. Everyone has stuff and people always want to know where their holiday decorations, and winter clothing are going to go. Perhaps I'm just projecting my Type A personality on this one. I can never have enough space to keep everything organized.

Can you provide an approximation of how much time is involved in renovating a small space, and the cost involved?

Dave: It all depends on what you are renovating. A bathroom could take three weeks while adding wainscoting and paint could take a couple of days. In general, it takes about four to seven days to refinish hardwood flooring. In these cases, always take a little vacation and get out of the house. It's never fun to live in dust and stain while all of your furniture is stacked one on top of another in your master bathroom — OK, we may be speaking from experience here.

What are the most common renovation mistakes you've seen and how can they be avoided?

Kortney: We see a lot of kitchens that aren't laid out properly. It's important to remember that when you lay out the kitchen, the appliances aren't there. Make sure they aren't all beside each other.
Dave: If you watch the show, you will hear Kortney talk a lot about recessing the refrigerator so it doesn't awkwardly stick into the room. Of all the rooms, this will be the hub of your home and it's important to get it right the first time since it will likely also be the most expensive of the renovations. METRO CANADA

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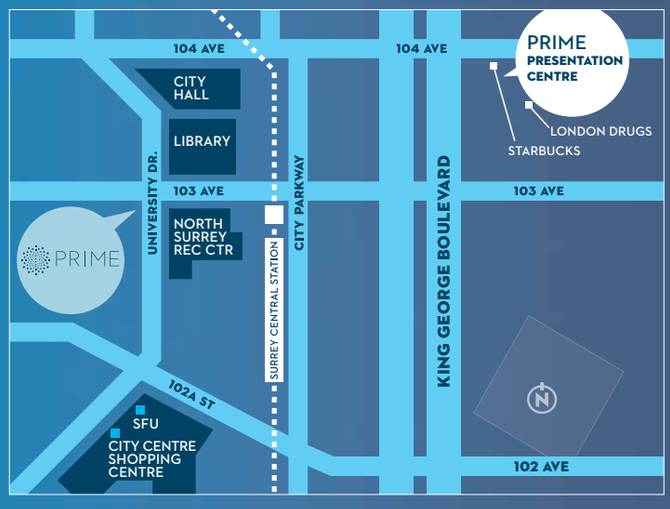

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Bohemian on a budget

HOW TO

Boho home all about creativity, author says

Emily Laurence
Metro in New York City

Creating a home rich in texture and colour doesn't mean you have to wait around for a Calypso sample sale or hope one of the chic Tibetan boutiques in your neighbourhood has a sidewalk sale.

"The key to a bohemian styled home is a layered and collected home that reflects your own personality," says Justine Blakeney, author of the coffee-table book, The New Bohemians. "The heart of a bohemian home is creativity," she says.

With that in mind, we called her for tips on how to create a boho home without going broke.

Paint it bold

Blakeney says the easiest way to make your flea market find look like it was imported from Morocco is to paint it, and her big tip for going boho is to go bold.

"People get scared to make a bold paint choice because they're scared they'll hate it. But if you hate it, you can just paint it a different colour. It's not a permanent thing," she says.

Shop second-hand

The couches and beds featured in The New Bohemians are all layered with beautiful, brightly patterned pillows.

Blakeney says she scored most of hers on eBay. "Instead of paying $80 for a pillow from a New York boutique, I'll pay $15 for one I find on eBay," she says, adding that the best search terms to use are "kilim pillows" or "berber Moroccan pillows."

Drape the couch

No one will know where your couch is from if you drape a handira, a Moroccan wedding blanket over it, Blakeney says. Once again, she hits up eBay to score an authentic one for a fraction of the cost.

Accent with potted plants

Instead of spending a fortune on freshly cut flowers, Blakeney says to figure out what type of potted plants will thrive in your apartment.

"I included a plantipedia in the back of the book to bust the green thumb/brown thumb myth," she says. "You just need the information about what type of plants thrive in the environment you have at home, how often you should water it, and then just follow through."

To her, a plant trailing down a tall bookshelf or a beautiful palm arching in the corner are a staple to bohemian living and provide a figurative and literal breath of fresh air.

"Everything around us is computers and cars. Even at home we have all these machines, metal and cement. We need to balance out urban living with plants," she says.

A bold hue revives a dresser. DABITO

Greenery gives a breath of fresh air. PROVIDED

A handira, or Moroccan wedding blanket, transforms a couch. DABITO

TRENDS

Exotic pieces provide faraway feeling

Colour and texture reflect Central, South America

Now that the nice weather is finally here, it's the perfect time to conjure up warm and exotic locales in your interior through woven and colourful pieces.

Heading to Columbia

Venerated Italian design studio Marni, for its latest collection of outdoor furniture, drew inspiration from the Paloquemao market in Bogota, Columbia. The collection includes two chairs and four side tables made of PVC and metal. (Price upon inquiry).

HOME AUTOUR DU MONDE

HOME AUTOUR DU MONDE

Crochet for kids

Dutch designer Anne-Claire Petit, since the early 2000s, has dedicated herself to home decoration for children. Her personal touch? Crochet, which she produces in the form of toys as well as furniture. She has reached a collaboration agreement for one collection with Airborne, the famous designer of the AA butterfly chair, to produce a cotton crochet chair. ($530 CDN).

Ceramic cactus

A vase in the shape of a cactus evokes the most barren regions of the globe. Guaranteed to be free of needles, the enameled and textured ceramic piece can be found at Maison Aimable. (Starting at $27).

Purple toucan

If the rooster-shaped pitcher seems outdated, Home autour du monde has reinvented the concept of the bird jug, giving it the look of a proud toucan. ($170).

Aztec inspiration

To add a little Native American flair to your living room, all you need is a bright green and orange Home autour du monde pillow of Aztec inspiration. ($54). AFP

(Left to right) Toucan pitcher and Aztec-inspired cushion, both by Home autour du monde; a woven chair in Marni's outdoor collection; and cactus vase for Maison Aimable.

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Rustic meets elegance with weathered wood and classic lines. $199, UrbanBarn.com

2 Cottage Life Weekend Collection Sticks Chair
Solid wood and handmade with pure nostalgic style. $479, AmbersFurniture.com

3 Milk Bottles In Tray
Add a tall straw and your favourite libation for an all-day cocktail. $13, Homesense.ca

4 Hudson Bay Company Multi-Striped Napkins
Infuse your dinner party with a touch of Canadiana flavour. $25/set of four, TheBay.com

5 Antique Black Quincy Bed
Eighteenth-century lines mix with a dramatic colour twist. $1,900, EthanAllen.com

6 Locust Kona Patchwork Quilt
Blue and white is always a classic summer colour combination. $200, UrbanOutfitters.com

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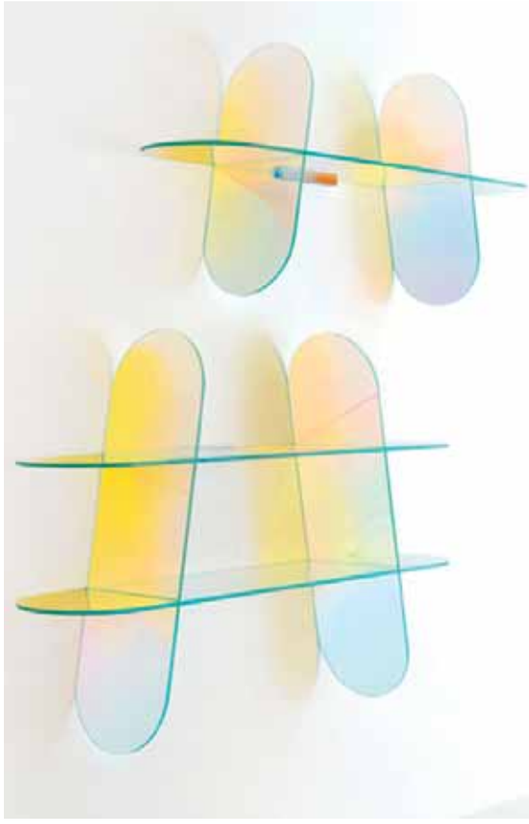
Kitsch becomes cool



Shelves from the Shimmer collection by Patricia Urquiola for Glas Italia. GLAS ITALIA

TRENDS

Eye-catching colours and shapes show retro spirit

Between flashy colours, bold shapes and mass-produced materials, the kitsch furniture trend combines a touch of retro style with unbridled exuberance.

Shimmer
For Glas Italia, designer Patricia Urquiola has created the Shimmer line, which includes coffee tables, shelves and mirrors with an iridescent multichromatic finish.

Available in opaque or transparent glass, the pieces change colour depending on the viewing angle and surrounding light sources.

Memphis
Founded in the 1980s by designer Ettore Sottsass, the Memphis Movement emphasized radically colourful and festive designs, representing a radical departure from the rigorous minimalism of the Bauhaus tradition.

At the recent Milan Furniture Fair, Kartell paid tribute to Sottsass through an exhibit and revealed it would produce a series of his designs — including stools, a vase and a lamp — all characterized by geometric shapes and flashy colours.

The Colonna and Pilastre stools and Calice vase by Ettore Sottsass, produced by Kartell. KARTELL

Glider
For Moroso, designer and architect Ron Arad designed the Glider, a rounded sofa made from a single piece of sculpted foam and upholstered in red-to-purple gradient fabric for an out-of-this-world appearance.

Gemma
Also for Moroso, architect Daniel Libeskind designed the Gemma armchair, a multi-faceted object that calls to mind a gemstone, or the geometrical shapes seen in the tapestries of the 15th century (pricing available on request).

Mondrian-inspired seating
Designer Marcel Wanders designed an armchair in red, blue, yellow and white foam for the design brand Moooi. With its black outlines, the chair calls to mind the work of painter Piet Mondrian.
AFP

A rare collection of 42 exquisitely crafted residences at King Edward Station.

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metro SPORTS

Bryce Harper hit three home runs as the Washington Nationals topped the Miami Marlins

Thursday, May 7, 2015

Head coach of affiliate still confident in Jensen

CANUCKS PROSPECT REPORT

Right-winger was a healthy scratch in series-clincher

Cam Tucker
Metro | Vancouver

Nicklas Jensen was a healthy scratch for the Utica Comets in a Game 5 series-clinching win over the Chicago Wolves on the weekend. Thousands of miles west of New York, it grabs people's attention.

The 22-year-old Jensen is a first-round pick, 29th overall, from 2011. He's had a look with the Vancouver Canucks in the National Hockey League and scored some nice goals while up with the big club during the latter portion of the 2013-14 season.

Comets head coach Travis Green made the move to insert Brendan Gaunce, another first-round pick and a healthy scratch in Games 3 and 4 of the series, into the lineup and, voila, the 21-year-old winger scored twice on the power play, including the winning goal.

"If you're asking do I have confidence in (Jensen)? Yeah, I do," said Green in a phone interview on Wednesday.

The Canucks selected Nicklas Jensen, middle, 29th overall in the 2011 draft. GETTY IMAGES FILE

Jensen scored in Game 1, but had been kept off the scoresheet the rest of the way.

After the Comets lost Game 4 in overtime, Green made the decision to add Gaunce to the lineup, putting him on a line with Wacey Hamilton and Carter Bancks, to help his team wear down the Wolves, especially with the two teams playing in back-to-back nights in Utica to close out the series.

> **At the end of the day, players develop at certain rates.**
> Utica Comets head coach Travis Green

"I felt like going into Game 5, we're going to need some good grind time in the offensive zone," said Green.

"Jensen was the odd guy out. It's not easy for him. It was not easy for me to tell him."

Green reasoned that part of the development process includes learning to handle sitting out of games. He used Gaunce as an example.

During the regular season, Gaunce was scratched on two occasions, which was something he had never had to go through before, said Green.

So when Gaunce didn't play in the middle part of the series, "he didn't take it like a catastrophe. He responded with his biggest game in Game 5," said the coach.

"At the end of the day, players develop at certain rates."

WHL

Giants to shift focus to coach search

When it comes to priorities, the Western Hockey League bantam draft tops the list right now for the Vancouver Giants. By the start of next week, the task of finding a new head coach will take over.

In a little more than a full year, the Giants have gone through three coaching changes, starting with the departure of Don Hay for Kamloops, to the hiring of Troy Ward last July and his firing last November, to the hiring of Claude Noel on an interim basis and the decision at the end of the season to mutually part ways.

Giants general manager Scott Bonner said in a phone interview that he and owner Ron Toigo will sit down and begin to go through up to 50 resumés that have been sent in, adding there are about 10 "legitimate candidates" that have applied at this point.

> **No matter what coach you get, if you don't have players, he's not going to win.**
> Scott Bonner

"It's going to be pretty important that the guy has junior experience," said Bonner.

"As a team, we're almost out of runway so we've got to make sure we make the right choice this go-around."

Bonner said that during previous discussions with Toigo, the GM felt that unless a star coaching candidate suddenly emerged between the end of the season to now, the focus should first be on the upcoming draft.

"Let's not under sell the drafting process because no matter what coach you get, if you don't have players, he's not going to win," said Bonner.

After a disappointing 2014-15 regular season in which Vancouver ultimately missed the playoffs for the second time in three years, the Giants go into the first round of the draft on Thursday with the third overall pick.

CAM TUCKER/METRO

NHL

Vigneault among Jack Adams finalists

The New York Rangers' Alain Vigneault, Calgary's Bob Hartley and Nashville's Peter Laviolette are the finalists for the Jack Adams Award as NHL's coach of the year.

Vigneault, a former head coach of the Vancouver Canucks, led the Rangers to a 53-22-7 record and 113 points for the Presidents' Trophy as the NHL's top regular-season club. He won the award in 2006-07 with the Canucks.

THE ASSOCIATED PRESS

Alain Vigneault GETTY IMAGES

IN BRIEF

Lions trade Haidara

The B.C. Lions traded Canadian receiver S.J. Haidara to the Hamilton Tiger-Cats on Wednesday, two years after selecting him in the CFL Draft.

Haidara was not part of the team's recent mini camp in Cloverdale.

In return for Haidara, the Lions acquired a fifth-round pick, 43rd overall, in this year's draft, which goes next week.

The Lions own the rights to the fifth overall pick in the draft. METRO

WHITECAPS

Snow in Edmonton postpones match

The first leg of the Amway Canadian Championship semifinal between the Vancouver Whitecaps and FC Edmonton scheduled for Wednesday was postponed due to snow in Edmonton.

In a statement from the Whitecaps, match officials declared it was "unsafe" to play Wednesday's game in such conditions.

The two clubs meet May 13 back at BC Place Stadium. That game will now count as the first leg of this semifinal, with the second leg scheduled for May 20 back in Edmonton. METRO

IN MONTREAL

Jack McInerney scored the only goal in Montreal Impact's 1-0 win over Toronto FC in the first leg of their Amway Canadian Championship semifinal on Wednesday night.

MORE NHL

Burakovsky double gives Capitals 3-1 series lead over Rangers

Rookie Andre Burakovsky scored his first two playoff goals and Braden Holtby saved a penalty shot, giving the Washington Capitals a 2-1 victory over the New York Rangers on home ice Wednesday night.

The Capitals now have a 3-1 lead in the Eastern Conference semifinals.

Burakovsky tied the game in the second period, then put Washington ahead 24 seconds into the third.

With 12 minutes left in regulation, Holtby — who finished with 28 saves — flicked his glove to catch Carl Hagelin's penalty shot and preserve the lead.

The Capitals can close out the Presidents' Trophy-winning Rangers in the best-of-seven series and advance to the conference finals for the first time in Alex Ovechkin's career by taking Game 5 in New York on Friday night.

THE ASSOCIATED PRESS

Bolts beat the buzzer to push Habs to brink

NHL PLAYOFFS

Lightning take their chances to go up 3-0 on Canadiens

GAME 3 In Tampa

2 1

Tyler Johnson scored a buzzer-beater to put the Montreal Canadiens on the edge of elimination.

Johnson scored with 1.1 seconds remaining in regulation to give the Tampa Bay Lightning a 2-1 victory in Game 3 Wednesday night at Amalie Arena in Tampa.

"It happened really quickly," said Montreal defenceman P.K. Subban. "It seemed like they had seven guys on the ice to be honest with you." The Canadiens face elimination in Game 4 Thursday night.

Montreal controlled the puck and the play for most of the night but lost in just about the most heartbreaking way possible. The puck crossed the line just before the buzzer to give Tampa Bay a 3-0 lead in the second-round playoff series.

Brendan Gallagher scored the only goal for the Habs, who got 17 saves from goaltender Carey Price but not one more to send the game into overtime.

"It seems like we're finding ways to lose games," said Gallagher. Alex Killorn scored the first goal for the Lightning, who have won all eight meetings with Montreal dating back to the regular season. Tampa Bay goaltender Ben Bishop stopped 30 of the 31 shots he faced for the victory.

After becoming the 101st team in NHL history to win the first two games of a best-of-seven series on the road, the Lightning were worried about matching the Habs' desperation. A sleepy start across the board made that seem like less of a concern.

Then, 12 minutes in, a turnover by Montreal defenceman Andrei Markov gave Tampa Bay a chance to cycle the puck. Steven Stamkos fed Killorn with a pretty back-handed pass, and Killorn beat Price high glove side to make it 1-0. The Lightning went 18 minutes 41 seconds without a shot before Nikita Kucherov got one off late in the second.

With all the opportunities the Habs created and couldn't cash in on, they began to press. But with the puck in the offensive zone they finally broke through.

At 10:03 of the third, Gallagher put the puck on net and tapped it in under Bishop's right pad. It was their first goal in 59:57 dating to the third period of Game 2.

THE CANADIAN PRESS

Canadiens forward Brendan Gallagher hangs his head after Tyler Johnson's last-second goal on Wednesday night in Tampa, Fla. MIKE CARLSON/GETTY IMAGES

LeBron James scored 33 points. THE ASSOCIATED PRESS

NBA PLAYOFFS

Lethal LeBron helps Cavs to level series

LeBron James attacked from the start and scored 33 points, Kyrie Irving added 21 and the Cleveland Cavaliers evened their semifinal series with Chicago with a 106-91 victory over the Bulls in Game 2 on Wednesday night.

Donning his signature headband for the first time in two months and powering to the basket, James kept the Cavs from falling into a 2-0 hole. He added eight rebounds and five assists for Cleveland, which led by 25 in the third quarter and withstood a third-quarter charge by the Bulls.

For the second straight game, the Cavs were without forward Kevin Love (shoulder surgery) and J.R. Smith (two-game suspension). But they had James and he was more like himself after a sub-par performance in the opener.

Jimmy Butler scored 18 and Derrick Rose had 14 points and 10 assists for the Bulls, who host Game 3 on Friday night. Pau Gasol added 11 points — 10 fewer than Game 1, when he destroyed the Cavs on uncontested jumpers.

Iman Shumpert added 15 points, James Jones made five 3-pointers and Tristan Thompson added 12 rebounds for Cleveland. Thompson started at power forward in Love's spot, allowing James to move back to his usual role at small forward. On the perimeter is where James is most dangerous and he made it clear from the outset that he wasn't going to wait for the game to come to him. THE ASSOCIATED PRESS

NFL INQUIRY

Patriots' Brady was 'aware' of ball tampering

An NFL investigation released Wednesday concluded New England Patriots employees likely deflated footballs used in the AFC Championship and that quarterback Tom Brady was "at least generally aware" of the rules violations.

The NFL began investigating what's now known as "Deflategate" after the Patriots defeated the Colts 45-7 on Jan. 18. The Colts complained about the balls and the NFL confirmed that 11 of the 12 footballs were under the limit. The investigation started as the Patriots were preparing for the Super Bowl — which they won two weeks later.

NFL Commissioner Roger Goodell said Troy Vincent, the league's executive vice-president of football operations, would review the 243-page report on attorney Ted Wells' investigation and consider what steps to take next.

THE ASSOCIATED PRESS

JAMES BRINGS BACK CROWN

King James placed his crown back on for Game 2. LeBron James returned to the floor Wednesday night against the Chicago Bulls wearing his signature headband, which the Cavaliers' star had ditched since a March 7 game against Phoenix.

Since his high school days in Akron, James had always worn a headband before surprisingly putting it away for nearly two months. James recently said he put away the headband to look more like his teammates.

THE ASSOCIATED PRESS

NOTICE TO BENEFICIARIES

Re: The estate of HUGH HARVEY, deceased, formerly of 2143 West 46th Avenue, Vancouver, BC, V6M 2L2, who died on February 6, 1930.

Beneficiaries having an interest in the estate of the Deceased are hereby notified that particulars of their interest should be sent to #2700 – 700 West Georgia Street, Vancouver, BC, V7Y 1B8, on or before June 8, 2015, after which date an application for the removal of a charge on title held by the Deceased on real property located at 4506 Rupert Street, Vancouver, BC, may be made without further notice. Alexander Holburn Beaudin + Lang LLP, Barristers + Solicitors.

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RECIPE Roasted seafood over linguini with lemon olive oil

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 12 minutes
Serving Size: 4

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 Tbsp olive oil
- 3 Tbsp freshly squeezed lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce, or to taste
- 1/3 cup chopped cilantro or basil
- pinch salt and freshly ground black pepper

Directions

1. Preheat the oven to 425ºF. Line a baking sheet with foil and spray with cooking oil.

2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes, or until the mussels open. Remove from the oven and keep covered.

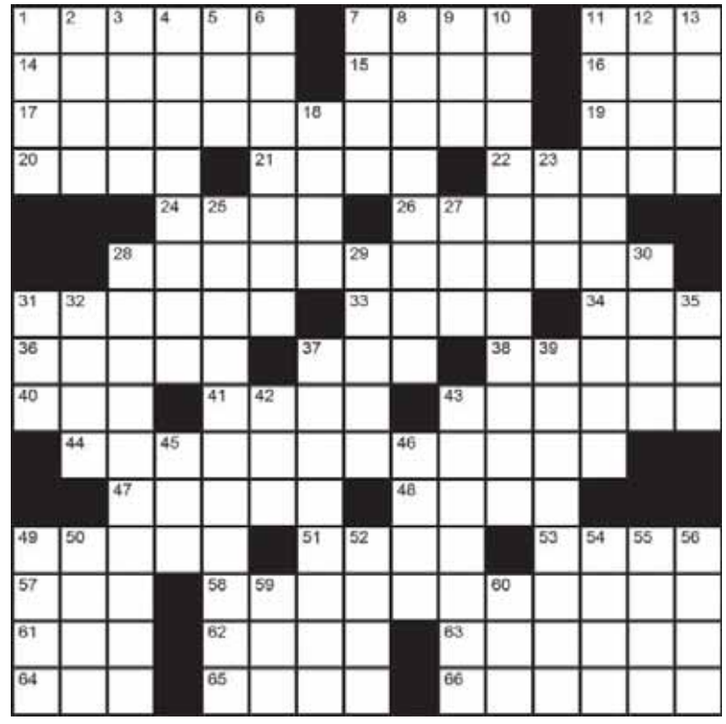
3. While the seafood roasts, cook the linguini in boiling water until al dente, about 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.

4. While the pasta cooks, spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Rain, e.g.
7. Richie's mom, Fonzie-style
11. Bathroom cleansing brand
14. Go for _ _ (Travel by car)
15. Prie-_ (Prayer bench)
16. Brouhaha
17. Extreme entertainment enjoyer: 2 wds.
19. Modern
20. _-les-Moulineaux, France
21. Wood: French
22. "Presto!" [pl.]
24. Pre-Virgo people
26. Axe: French
28. Anne of _ _ (Green Gables girl Anne is now a teacher in Summerside, PEI in this 1936 L.M Montgomery book)
31. Patriot Games novelist Tom
33. "At Last" singer Ms. James
34. Maude portrayer
36. Madonna's "_ _ Prayer"
37. Monogram of the author of Treasure Island
38. Sales pitch
40. 'Client' completer
41. Libertine
43. Sacred songs
44. 1967: Canada's _ _ (Pierre Berton book)
47. "_ Harbor" (2001)
48. Invoice abbr.
49. Britannica, e.g.
51. "Here It Goes Again" band: 2 wds.
53. "Bonanza" son
57. Bygone bird
58. Design to transfer onto a t-shirt: 2 wds.
61. 'B' or 'C' of The Spice Girls
62. Jacob van _ the Elder (Flemish painter)
63. Actress Gail
64. _-inclusive
65. Bill 'The Science Guy', and surnamesakes
66. Flippantly talks back

DOWN

1. "I Luh Ya _" by Jennifer Lopez
2. Nutrition amts.
3. Blunders
4. Daytime show on Canadian television since 1984
5. Trellis plant
6. Computer-animated flick, "Mr. _ & Sherman" (2014)
7. Gladiator's 1502
8. Drumming punctuations
9. Beaufort _
10. Movie or TV show with a loyal niche audience: 2 wds.
11. Gloria _, CNN host Anderson Cooper's designer mom
12. Notion
13. Does lawn work
18. Meddlesome [var. sp.]
23. "Gotcha!"
25. Edwin _ (Toronto Blue Jays player)
27. Fitting
28. Hotel service; or, warning prompting change: 2 wds.
29. Ship co-owner in Moby-Dick, Captain _
30. Feel
31. Canadian actor Mr. Bennett
32. Lively tune
35. Mr. Pacino's
37. Be a dog in an off-leash park: 2 wds.
39. Florida's NHL team
42. 'To hear' in Spanish
43. Pennsylvania mountains
45. King: Spanish
46. American Samoa's capital, when repeated
49. Ms. Stone
50. Liam's rocker brother
52. Chess pieces, e.g.
54. Wood sorrels
55. "Smooth Operator" singer
56. Mr. Stallone's, briefly
59. Banjo player Mr. Clark
60. Filmmaker org.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may enjoy upsetting the odds but don't get carried away. The planets warn if you make too many waves between now and the weekend it could be you who ends up underwater.

Taurus April 21 - May 21
Do something different over the next 24 hours, something that those who believe you are traditional by nature would never guess you are capable of. It's time to get yourself noticed.

Gemini May 22 - June 21
Whatever else you do today do not put money before love. If you want to impress someone who means a lot to you then do whatever it takes and don't worry how much it may cost. Whatever the price it will be worth it.

Cancer June 22 - July 23
You have nothing to worry about, so stop being so fearful and get out there into the world. The planets indicate if you think lucky you will be lucky — so what have you got to lose?

Leo July 24 - Aug. 23
Do you think with your head or do you feel with your heart? Over the next two or three days you should favor your heart over your head. Not everything in life needs to make sense.

Virgo Aug. 24 - Sept. 23
The order of the day is to have as much fun as is humanly possible. You have been working far too hard of late. If you're not smiling then you are doing it wrong.

Libra Sept. 24 - Oct. 23
Work and romance will go well together over the next two or three days — you don't have to choose between them. Use your Libran charms to influence people in positions of power.

Scorpio Oct. 24 - Nov. 22
Do something that makes you feel good about yourself. Also, you may need to remove yourself from an environment that reminds you of things, or people, you would prefer to forget.

Sagittarius Nov. 23 - Dec. 21
No matter what happens today, don't take it too seriously. Treat whatever occurs, be it "good" or be it "bad" as part of life's little game. It's your attitude that makes your world.

Capricorn Dec. 22 - Jan. 20
This should be a thoroughly enjoyable day for you, though looking back a few days hence you may wonder how and why you acted so out of character.

Aquarius Jan. 21 - Feb. 19
You won't hesitate to help someone in need today but the planets warn that the tale of woe you hear is only half of the story. Be that as it may you are not the sort to let them suffer.

Pisces Feb. 20 - March 20
Someone new on your social scene will get your heart beating faster today. Could a new romance be forming? There is certainly a psychic link between you, a karmic connection that neither can ignore.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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